

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY
Department on Aging



FOR CURBSIDE PICK-UP

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chix Fajita Sandwich ³ Fries Garlic Sauce Salad Hummus Orange	Kofta Kebab ⁴ Rice Salad Baba Ghanouj Bread Apple	Chicken Karahi ⁵ Channa Masala Naan Salad Raita Grapes	Chicken Biryani ⁶ Palak Aloo Naan Salad Raita Melon	⁷ CLOSED
Grilled Chicken ¹⁰ Rice Hummus Salad Bread Banana	Burger ¹¹ Fries Salad Beans Orange	Haleem ¹² Mixed Vegetable Rice Naan Salad Raita Fruit	Seekh Kebab ¹³ Bhindi Masala Naan Salad Raita Pear	¹⁴ CLOSED
Crispy Chicken ¹⁷ Fries Hummus Salad Bread Apple	Chicken ¹⁸ w/Potatoes Salad Bread Banana	Chicken Tikka ¹⁹ Gobhi Aloo Naan Salad Raita Melon	Kofta Curry ²⁰ Frontier Chicken Rice Naan Salad Raita Grapes	²¹ CLOSED
Chicken ²⁴ w/Rice & Bell Peppers Baba Ghanouj Salad Bread Orange	Shredded Beef ²⁵ w/Potatoes Hummus Salad Bread Apple	Reshmi Kebab ²⁶ Channa Daal Naan Salad Raita Pear	Nihari ²⁷ Matar Rice Naan Salad Raita Fruit	²⁸ CLOSED
CLOSED ³¹ 	<div> <div> RESERVATIONS REQUIRED 939-4411 </div> </div> <div> ⁶⁰⁺ Suggested Contribution \$3.00 </div>			

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



BUILD NEW SKILLS

★ Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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